

January 2026

Alberta Healthy Living Program Workshops

Be Supported on your Journey to Better Health
– Virtual classes by Zoom

Managing Diabetes

Workshops for those newly diagnosed with diabetes or pre-diabetes, or a refresher for those living with diabetes.

Overview

Jan 8	Thu Afternoon	1:30-4pm
Jan 13	Tue Evening	5:30-8pm
Feb 18	Wed Morning	9:30-12pm

Nutrition

Jan 15	Thu Afternoon	1:30-3pm
Jan 20	Tue Evening	5:30-7pm
Feb 25	Wed Morning	9:30-11am

Ongoing Care

Jan 22	Thu Afternoon	1:30-4pm
Jan 27	Tue Evening	5:30-8pm

Foot Care & Seated Exercise

Jan 20 Tue Morning 10:30-11:30am

Heart & Stroke Education

Learn to manage blood pressure and cholesterol and understand the risks for heart disease and stroke.

Overview & Prevention

Jan 20	Tue Morning	9:30-12pm
Jan 28	Wed Evening	5:30-8pm
Feb 18	Wed Afternoon	1:30-4pm
Mar 10	Tue Morning	9:30-12pm
Mar 19	Thu Evening	5:30-8pm

Nutrition

Jan 27	Tue Morning	9:30-11am
Feb 4	Wed Evening	5:30-7pm
Feb 25	Wed Afternoon	1:30-3pm
Mar 17	Tue Morning	9:30-11am
Mar 26	Thu Evening	5:30-7pm

Managing Stress

In this 2 part series you will learn techniques to reduce, prevent, and cope with stress.

Jan 6 & 13 Tue Evenings 5:30-6:30pm

Weight Management

Build healthier habits. Understand ways that thinking patterns, sleep, physical activity and nutrition impact your goals.

See website for Individual Class Descriptions

Series 1

1.1	Jan 15	Thu Morning	9:30-12pm
	Feb 3	Tue Evening	5:30-8pm
1.2	Jan 22	Thu Morning	9:30-12pm
1.3	Jan 29	Thu Morning	9:30-12pm

Series 2

2.1	Jan 7	Wed Evening	5:30-8pm
2.2	Jan 14	Wed Evening	5:30-8pm
2.3	Jan 21	Wed Evening	5:30-8pm

Series 3

3.1	Jan 28	Wed Evening	5:30-8pm
3.2	Feb 4	Wed Evening	5:30-8pm

Supervised Exercise Program -Virtual Classes-

This program meets 2 times per week, 1.5 hours/session for 6 weeks to exercise in a group setting with people with a variety of health conditions.

January 12 –Feb 23 Monday & Wednesday
Afternoons 1-2:30-pm
Evenings 6-7:30pm

Better Choices, Better Health

Build skills to help overcome the physical and emotional challenges and manage your health

Living with Chronic Pain

Thursday Evenings 6:00-8:30pm
January 15, 22, 29, Feb 5, 12, & 19

Living with Chronic Disease

Tuesday Afternoons 1:30-4pm
February 3, 10, 17, 24, Mar 3 & 10

Help using Zoom is available!



Register for a Zoom class
or see more dates:

1-877-349-5711

<https://www.healthylivingprogram.ca>



Primary Care
Alberta